

Indiana Women, Infants, and Children Program

What is WIC?

WIC is a nutrition program, nationally recognized as an effective means for

- improving access to nutritious foods and
- promoting healthier eating habits and lifestyles.

How does WIC make a difference?

Studies show that infants and children who receive WIC services are:

- more likely to be breast-fed
- less likely to be underweight at birth
- less likely to be sick
- more likely to be intellectually ready to start school

Services Provided

Nutritious Foods

The basic food package provided to the Women and Children participating in the Indiana WIC Program include the following foods:

- Milk
- Cheese
- Eggs
- Cereal
- Juice
- Peanut Butter
- Dried Beans, Peas, and Lentils

Breastfeeding Women receive tuna and carrots in addition to the basic food package.

Infants are provided iron-fortified formula, infant cereal, and juice.

Each Indiana WIC Participant receives an individually prescribed food package based on nutritional need and specific risk factors. The foods prescribed meet specific criteria in regards to their nutritional benefits in comparison to nutritional needs.

Click [here](#) for a list of the WIC Approved Foods.

Nutrition Education

Good nutrition is essential to good health and the Indiana WIC Program offers a range of health and nutrition education services for families to help participants put healthy behaviors into action. Nutrition education is provided in Indiana through various methods, including one-on-one contacts, group classes, and individual learning modules. These services are customized to each family's needs and interests and include:

- Infant feeding
- Breastfeeding
- Prenatal Weight Gain
- Postpartum Weight Loss
- Picky Eaters
- Anemia

Referrals

A specific function of the Indiana WIC certification process is to make referrals for medicaid and other social service programs. Although the Indiana WIC Program does not provide health care, Indiana WIC will refer all applicants to health care providers as appropriate. Some of the referrals include:

- Medicaid
- TANF
- Food Stamps
- Maternal and Child Health Programs
- Expanded Food and Nutrition Program offered by Cooperative Extension Services
- Hoosier Healthwise
- Healthy Families
- County Health Departments for Immunizations
- Child Support Enforcement
- Local Drug Treatment Centers
- Doctor's Offices including Private Offices and Community Health Centers
- Local Food Pantries and Shelters

Breastfeeding Support

Participants receive encouragement and instruction in breastfeeding. In many cases, breastfeeding women are provided breast pumps free of charge. WIC helps participants learn why breastfeeding is the best start for their baby, how to breastfeed while still working, Dad's role in supporting breastfeeding, tips for teens who breastfeed, how to pump and store breastmilk, and much more.

Eligibility Requirements

To become eligible for Indiana WIC benefits, an applicant must meet the following requirements:

- An applicant must be an Indiana resident and live in an area where Indiana WIC services are provided. The Indiana WIC Program currently works with 150 non-profit clinics in all 92 counties to provide Indiana WIC services to applicants.
- An applicant must be "categorically" eligible. The Indiana WIC Program serves:
 - Pregnant Women
 - Breastfeeding Women (up to baby's 1st birthday)
 - Non-Breastfeeding Postpartum Women (up to 6 months)
 - Infants (up to their 1st birthday)
 - Children (up to their 5th birthday)

- An applicant must be "at nutritional risk." The specific criteria and parameters that indicate risk are determined by a health and dietary assessment performed by a health professional at the time of certification.
- An applicant must be "income" eligible. Families receiving Medicaid, Food Stamps, and TANF are income eligible for the Indiana WIC Program. If you are not a member of these other programs, check the income chart below to see if your family might qualify.

Household* size:	Annual income, up to \$: (total before deductions)	Household* size:	Annual income, up to \$: (total before deductions)
1	\$19,240	7	\$59,200
2	\$25,900	8	\$65,860
3	\$32,560	9	\$72,520
4	\$39,220	10	\$79,180
5	\$45,880	11	\$85,840
6	\$52,540	12	\$92,500

If you are pregnant, count yourself as two (2). For households with more than 12 members, add \$6,660 for each additional member.

* Household means a group of people (related or not) who are living as one economic unit.

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Certification Appointments

Scheduling a Certification Appointment

Call or go by the clinic nearest you in order to make a Certification Appointment. To find the clinic location closest to you call 1-800-522-0874.

What to Bring to Your WIC Certification Appointment

In order to complete the Certification Appointment, applicants will need to bring the following items with them at the time of the appointment:

- Each person applying for WIC will need to be physically present
- If an infant, child, or woman under 18 years old is applying for WIC, they will need a parent, guardian, or caretaker physically present

- Proof of income is required for everybody in the applicants family who works or has a source of income. The following would be accepted as proof of income:
 - Paycheck stub(s) for the past 30 days. If paid bi-weekly, bring 2 pay stubs. If paid weekly, bring 4 pay stubs.
 - A letter from your employer
 - You may be automatically income eligible if you or certain family members participate in Medicaid, Temporary assistance for Needy Families (TANF), or Food Stamps. A letter of eligibility is needed if you participate in one of these programs

- Proof of identity is required for everyone applying. The following would be accepted as proof of identity:
 - A valid driver's license
 - A photo ID
 - A birth certificate

- Proof of address is required. The following would be accepted as proof of address:
 - A bill or business letter addressed to you
 - A rent receipt
 - A current driver's license